



# How a therapeutic Education on Methotrexate Self-Injection impacts on fear and beliefs among Rheumatoid Arthritis Patients ?



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## Background:

Methotrexate is the primary treatment for rheumatoid arthritis (RA). Among the factors contributing to non-adherence to treatment, difficulties in injecting Methotrexate have been largely identified.

## Objective:

This study aims to compare RA patients' perceptions and beliefs regarding Methotrexate self-injection before and after a therapeutic patient education (TPE) session.

## Materials and Methods :

A prospective consecutive pilot study included 44 patients (72% female, mean age of 46.4±15.8 years, median disease duration of 7.5 years [1.1; 16], median duration of Methotrexate use of 2 years [0.2; 9.7]). Patients received an individual TPE session for subcutaneous self-injection of methotrexate, supervised by a nurse, with a follow-up interview one week later. Perceptions of fear and beliefs related to self-injection were assessed before, after the first and second Methotrexate self-injection using a 10mm visual analogy scale (VAS). Patient satisfaction was also evaluated using 10mm VAS.

## RESULTS:

The mean duration of the TPE session was 13±3 minutes. Table No. 1 compares the evolution of the levels of fear to self-injection, the difficulties encountered and the satisfaction experienced by patients.

Table No. 1.: Evolution of RA patients' perceptions of Methotrexate self-injection. (N=44)

	Before	After the first self-injection	After the 2nd self-injection	p
VAS for fear (0-10mm)	5,6 ± 3,3	2,1 ± 2,5	1,0 ± 2,0	<0,0001
VAS for difficulty (0-10mm)	6,2 ± 2,8	2,5 ± 2,5	1,0 ± 1,8	<0,0001
EVA satisfaction(0-10mm)	-	8,6 ± 2,1	9,1 ± 1,9	0,002

## Conclusion:

This study suggests the effectiveness of a TPE session on Methotrexate self-injection in patients with RA. It also highlights its value in modifying the behavior of patients undergoing rheumatology treatment.